

BRUSH

Brush twice every day to remove germs

Brush in the morning and before going to bed to remove germs that cause tooth decay and gum disease.

1

Use a soft toothbrush with a pea-sized amount of fluoride toothpaste.



2

Angle the bristles toward the gumline. Use a short circular motion to clean this area.



3

Use a back and forth motion to clean the chewing surfaces and your tongue.